

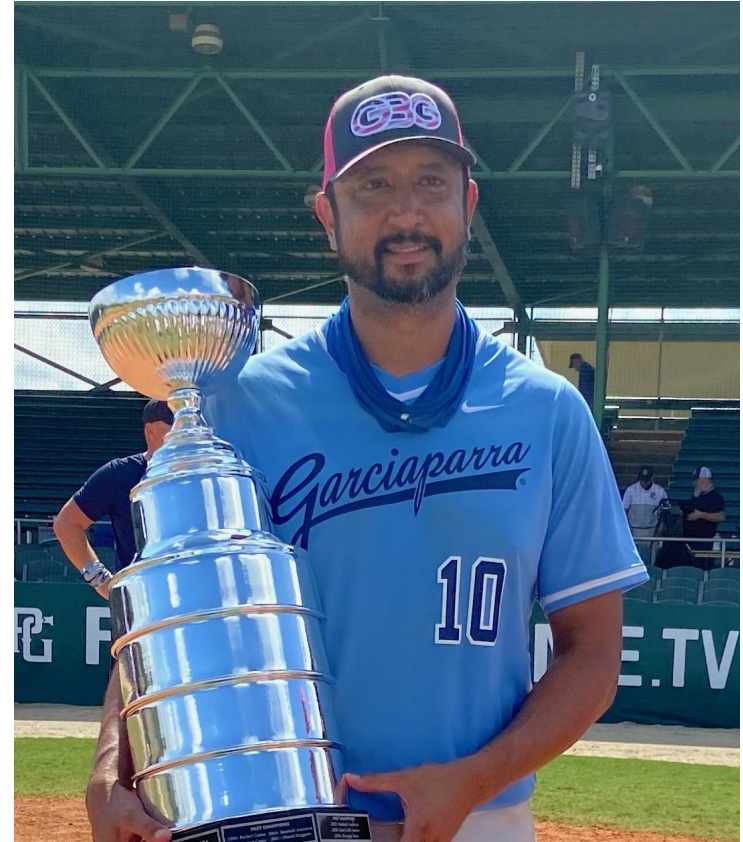


**NORTHEAST**

**NEW PLAYER ORIENTATION**

# Who is GBG?

- Garciaparra Baseball Group
- Started by Michael Garciaparra, brother of Nomar, in Southern California.
- RBI Hawks became GBG Northeast in 2015
  - Owned & Operated by RBI (Rappoli Baseball Inc)
  - Only independently operated GBG affiliate
- Member of the Perfect Game New England League



# MISSION STATEMENT

*Our mission is to provide the most organized, structured, and competitive baseball development program in the Northeast region. While winning is a priority, our top priority is to build “WINNERS.” Our teams strive to win every game we play but we teach that our results on the field are a culmination of our daily physical and mental preparations. Our program teaches the skills that create on-field success but have true application to the real world and life after athletics.*

# PROGRAM PHILOSOPHY

1. Commitment
2. Communication
3. Challenge
4. Competition
5. College



# 1. Commitment

## Attendance

**Fall** = Optional | **Winter** = Required | **Spring** = Mandatory | **Summer** = Mandatory

*Optional vs Required vs Mandatory*

**Excused Absences** include but are not limited to:

- Player Illness
- Player Injury (case-by-case)
- In-Season Athletic Commitment during Hawks Off-Season
- Mandatory School Function or School Athletic Commitment
- Family Commitment (case-by-case)

**Unexcused Absences** include but are not limited to:

- In-Season Family Vacations: We release our schedules very far in advance so that families can plan around the GBG team schedules. Vacations are expected to be scheduled around the schedule.
- Athletic Commitment for another sport DURING the season/in-season. See “Baseball Commitments”
- No Show-No Communication

# 1. Commitment (Cont.)

**CONGRATULATIONS ON YOUR INVITE!**

## **All-Star Games, Invitationals, College Camps, Showcases, etc**

- Most common cause of program/player conflict and usually result of poor player/family communication.
- There are very few events that we recommend prior to summer after sophomore season.
- There is no gaming the system, working angles.
- Families OVER\$PEND on events that they believe are the ticket to college exposure. All of these can be avoided with a simple question and following of our Player-Parent Guidelines.

## 2. Communication

### 9U-12U

1. Parent → Coach
2. Parent + Player → Coach
3. Parent + Player → Director

### 13U-18U

1. Player → Coach
2. Player + Parent → Coach
3. Player + Parent → Director

# 3. Challenge

***“If it doesn’t challenge you, it won’t change you.”***

Players are EXPECTED to be in attendance, wear the proper attire, support their teammates, respect their coaches, focus on the task, and give their best effort. Those are the EXPECTATIONS. This is the MINIMUM requirement. Too many want praise for doing the minimum.

**We CHALLENGE YOU to go ABOVE THE EXPECTATIONS!**

***“You were hired because you met expectations. You will be promoted if you can exceed them.”***

## Types of Challenges

1. Volume - Do More (Ex: 50 Swings > 20 Swings) \*Point of diminishing returns.
2. Frequency - More Often (3 Days/Week > 2 Days/Week)
3. Intensity - Faster Pace
4. Increased Difficulty

# 4. Competition

## Types of Competition

1. Personal - You vs You
2. Internal - You vs Teammate
3. Contest - Team vs Team
4. Rivalry - Team vs Common Opponent

You can only control one part of the equation. Control what you CAN control!

**Annual Development Calendar**

# 5. College

1. Nothing happens until August 1st after your sophomore season.
2. Recruiting services are 100% a waste of money.
3. Become recruitable before you look to be recruited.
4. Prioritize development opportunities over showcase.
5. GBG Northeast has two dedicated staff members for college recruiting. Chris Welch & Zach Brown.
6. Zoom Meetings, In-Person Meetings, Team Meetings

# UNIFORM POLICIES

## TEAM PRACTICES

- Black GBG Northeast Practice Shirt
- White Practice Pants
- Black Belt
- Blue/White Practice Hat
- GBG Helmet & Bag
- Long Sleeves must be BLACK and UNDER practice shirt
- GBG Apparel Only

## GAMES

- Black Garciaparra Jersey OR Blue GBG Northeast Jersey
- White w/ Black Piping Game Pants (Evoshield)
- Black Belt
- Black/Blue Game Hat
- GBG Helmet & Bag
- Long Sleeves must be BLACK
- GBG Apparel ONLY in Dugout
- Proper Footwear (Turfs/Cleats) \*No Metal on Turf

**NO UNIFORM CODE FOR WINTER WEEKDAY SKILLS TRAINING**  
**NAVY IS NOT A GBG NE COLOR!**  
**WE AREN'T THE "PERFECT GAME HAWKS"**

# PROGRAM CALENDAR

**Mid-August:** Tryouts

## **September - October**

- Optional Fall Baseball Teams, Scout Days & Weekly Training
- Strength & Conditioning

## **November**

- Open Cage Hours @ RBI-Mansfield \*Openpath Keyless Entry
- Strength & Conditioning - 508EVO Performance Training located at RBI-Mansfield.

## **December - March**

- Winter Skills Training Programs (Mon-Thu)
- Open Cage Hours @ RBI-Mansfield \*Openpath Keyless Entry - CHECK SCHEDULE!
- Team Practices (Sat-Sun)

## **April - Early August:** Spring-Summer/In-Season

- 1-3 Weekly Practices Per Week \*Varies by Age/Team
- Weekend Doubleheaders or Tournaments

# WINTER/OFF-SEASON (DEC-MAR)

## WEEKLY SCHEDULE

**Monday - Thursday = Winter Skills Training Programs**

*\*No uniform requirement.*

- 9U-12U Youth All Skills
- 11U-12U Youth Pitching (+)
- 11U-12U Youth Catching (+)
- 13U-18U Advanced Hitting
- 13U-18U Advanced Pitching
- 13U-18U Advanced Catching (+)

**Friday = Open Cage Hours @ RBI-Mansfield via Openpath App**

**Saturday - Sunday = Team Practices \*Schedule TBD\***

*\*All players must be in full practice uniform to practice including shirt, white baseball pants, black belt, practice hat. Players not in uniform do not practice.*

**Open Cage/Facility Hours via Openpath @ RBI-Mansfield (12/1 - 3/15)**

Mon-Thu from 6am-3pm + 9pm-10pm, Fri from 6am-10pm (CLOSED Sat-Sun)

# SPRING-SUMMER/IN-SEASON

## START/END DATES + SEASON OUTLINE

**9U** = April 4th - May 16th

- Saturday Games from 9am-12pm

**10U-12U** = March 23rd - June 7th

- 2 Weekly Practices (Players MUST attend 1/2)
- Saturday AND/OR Sunday Doubleheaders
- Local and/or Regional Tournaments

**13U-14U** = March 23rd - Mid July \*End Dates Vary by Team

- 2 Weekly Practices (MUST attend both)
- Saturday AND/OR Sunday Doubleheaders
- Tournaments
- Local, Regional and/or National Tournament

**15U-18U** = Day after HS season ends - August 2nd

- Practice Schedules vary greatly by team. Typically 1-2 practices per week depending on surrounding weekend tournament/game schedules.
- Local, Regional and/or National Tournaments \*Tournament schedules finalized by Thanksgiving.

# Perfect Game New England League

## “Divisional Doubleheaders”

*\*Count towards record/playoff seeding*

- 10U-14U = 5 Divisional DH's = 10 Games
- 15U-18U = 6 Divisional DH's = 12 Games

## Playoffs *\*Updated for 2026 Season\**

- 10U-12U = May 30th-31st + June 6th-7th
- 13U-14U = June 13th-14th + June 20th-21st
- 15U-18U = July 31st - Aug 2nd



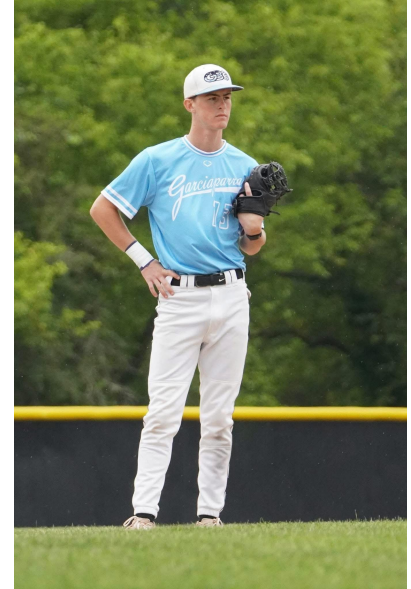
## Bat Rules

- 9U-11U
  - USSSA BPF 1.15 Bats - Any Drop
  - USA Bats - Any Drop
- 12U
  - USSSA BPF 1.15 Bats (-5 Bats only are not allowed)
  - USA Bats - Any Drop
- 13U
  - USSSA BPF 1.15 Bats (-5 & -8 Bats Only)
  - -3 BBCOR Bats
- 14U-18U
  - -3 BBCOR Bats
  - Wood Bats

***PG has lifted previous ban on Easton Hype Fire -5 outside of 12U Division***

# PLAYER DEVELOPMENT

- **Off-Season Development Plan**
- **In-Season Development Plan**
- **Long-Term Development Plan**
- **Hitting Development**
- **Defensive/Team Development**



***Patience is the most important attribute for a youth baseball player, parent and coach!***

# OFF-SEASON DEVELOPMENT

- **Phase 1 - Build the Foundation**
- **Phase 2 - Skill Development**
- **Phase 3 - Team Development**
- **Phase 4 - Game Preparation**



# IN-SEASON DEVELOPMENT

- **Phase 1 - Game Preparation**
- **Phase 2 - Team Development**
- **Phase 3 - Advanced Concepts**



# LONG TERM DEVELOPMENT



## Youth Development Goals:

- Athleticism
- Aggressiveness
- Adjustability
- Adaptability
  
- **Creating an atmosphere that promotes development**
  
- **Play the long game! Skills that scale**



# HITTING DEVELOPMENT

## Youth Hitting Development Goals:

- Swing Fast
- Swing with Intent
- Promote Implicit Learning

## 13U-18U Development Plan:

- Movement Profile (OBU/MP/K-Vest)
- Swing Profile (Blast Motion)
- Batted Ball Profile (Hittrax)
- Video Evaluation (Custom GBG)

Each hitter is then placed in 2-3 of GBG's 21 "Hitting Buckets" that dictates their training plan for the season.



# TEAM DEFENSE

## Team Defense:

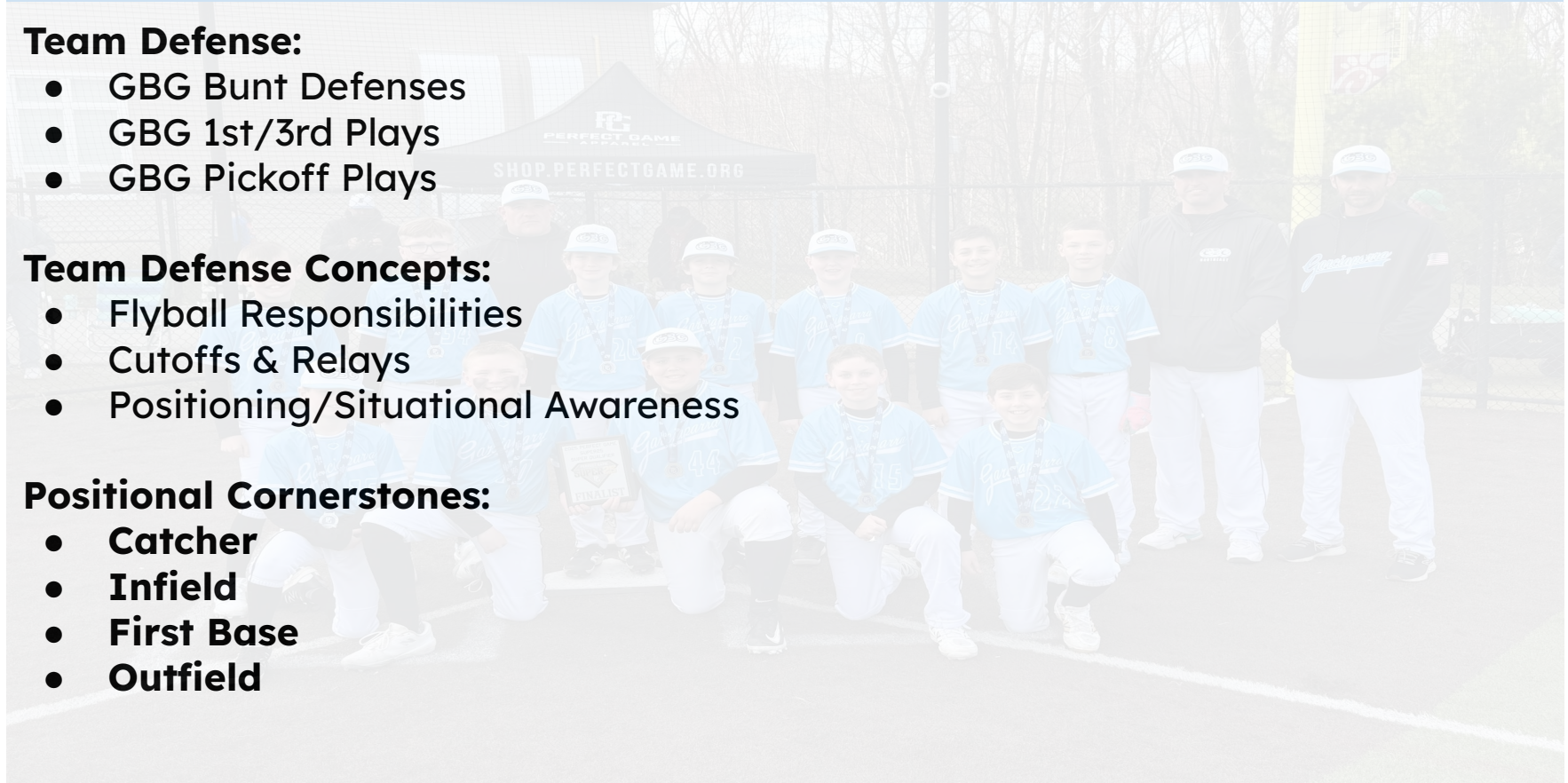
- GBG Bunt Defenses
- GBG 1st/3rd Plays
- GBG Pickoff Plays

## Team Defense Concepts:

- Flyball Responsibilities
- Cutoffs & Relays
- Positioning/Situational Awareness

## Positional Cornerstones:

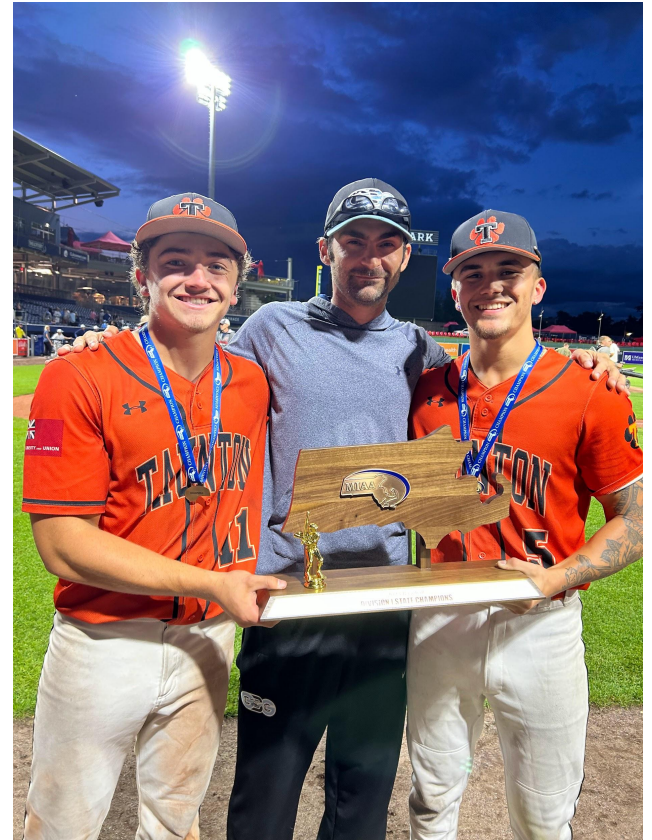
- Catcher
- Infield
- First Base
- Outfield



# PATIENCE!!!

- **Playing the game with the highest failure rate - Learn to cope now!**
- **Run your own race - Comparison is the thief of joy!**
- **Trust the Process - “Buy In” is the 6th tool!**

**Ben Price**  
**Dennis Colleran**  
**Saraceno/Saajan**  
**Braden Sullivan**



# CONTACTS

9U-12U Teams & Programs

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13U-16U Teams + 13U-18U Pitching Program

Joe Breen, [jbreen@rbiacademy.com](mailto:jbreen@rbiacademy.com)

17U-18U Teams + College Recruiting

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Player Development + 13U-18U Hitting Program

Chris Sullivan, [csullivan@rbiacademy.com](mailto:csullivan@rbiacademy.com)

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# GOOD LUCK & GO HAWKS!!!

